

### **KEYNOTE ADDRESSES**

### **CLIFTON TAULBERT**

### Time-Out! The Game Isn't Over

Thursday, April 16, 9:00 a.m.

An international voice supporting the power of community, Taulbert will call for "time-out" as a strategic opportunity to look at the PreK-12 corridor — both the youth who successfully travel it and those who fall along the side. Taulbert will leave his "huddled" audience inspired to build and sustain community as a sure way to reach all of the youth along the corridor, who are the citizen-trustees of our society. According to Taulbert, the stakes are high and this is a game we cannot afford to lose.

Clifton L. Taulbert, president and founder of Building Community Institute, is one of America's leaders in the "Power of Community" movement. He has been recognized by *Time* magazine as one of America's outstanding entrepreneurs. A member of Phi Beta Kappa and a former trustee for the University of Tulsa (Tulsa, Oklahoma), Taulbert gained international recognition with the 1989 publication of his memoir, *Once Upon a Time When We Were Colored*,



which became a major motion picture and has been excerpted in middle school literature books throughout America. In addition to the Pulitzer-nominated, Last Train North, which followed, Taulbert has authored Eight Habits of the Heart: Embracing the Values That Build Strong Families and Communities, the principles of which serve as the foundation for Building Community Institute; the award-winning Eight Habits of the Heart for Educators: Building Strong School Communities Through Timeless Values; and several picture books for children.

By building a powerful, effective and caring community, we can transform our environment into one that values cooperative living, and welcomes diversity in all the areas of life. — CLIFTON L. TAULBERT

### **GABOR MATÉ**

### **Close Encounters with Addiction**

Thursday, April 16, 10:30 a.m.

Addiction, from heroin to workaholism, has been called "the hungry ghost." The source of addiction is not to be found in genes, but in the early childhood environment, where the neurobiology of the brain's reward pathways develops and where the emotional patterns that lead to addiction are wired into the unconscious. Helping the addicted individual also requires that we appreciate the function of the addiction in his or her life. More than a disease, the addiction is a response to a distressing life history or life situation while, at the same time, being a limitation of the addict's own possibilities. Topics covered will include the source of addictions, the chemical and psychological effect on the brain of substance dependency or behavior addiction; the false

Cover photo: Stanley Creek, with the Sawtooth Mountains in the background. Copyright © 2008 by Lee O'Dell/dreamstime.com.

"blessings" of addiction as experienced by the addict; and the social basis of addiction in economic, cultural and political dislocation, and disempowerment. Dr. Maté will also answer some common questions: How much choice does the addict really have — and how much responsibility? Is it possible to develop a therapeutic relationship in which healing can take place? How can we encourage the addict to take responsibility? How can we prevent addiction in adolescence and before? And is there really a spiritual void at the heart of addiction?

Gabor Maté, M.D., is a physician, author, seminar leader, and public speaker. His four books are all Canadian bestsellers: In the Realm of Hungry Ghosts: Close Encounters with Addiction; When the Body Says No: Understanding the Stress-Disease Connection; Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder; and Hold On to Your Kids: Why Parents Need to Matter More Than Peers. He is also a former medical columnist for The Vancouver Sun



and *The (Toronto) Globe and Mail.* For twenty years Dr. Maté had a family practice, and for seven years was medical coordinator of the Palliative Care Unit at Vancouver Hospital. Gabor currently works as staff physician at a clinic in Vancouver's Downtown Eastside, where his patients are challenged by drug addiction, mental illness, and HIV.

### **KAREN VADINO**

### Laughing Just for the Health of It

Saturday, April 18, 9:45 a.m.

Humor and laughter offer important benefits in our lives. We can all learn how to reduce stress and be healthier when we can look at life through humor. Karen Vadino will explore the impact of humor on our self-concept, our relationships, our work, our stress management, and our health. She will urge you to discover your own sense of humor and define the steps necessary to put more humor and laughter into your life.

Karen Vadino is a humorist, motivational speaker, trainer, and consultant. In her thirty-plus years as a human service professional, most of her experience has been in the field of chemical dependency, both as a licensed clinician and as a certified prevention specialist. She has considerable experience working with children and families, having served as a clinician and supervisor in Children's Services group homes and at Children's Psychiatric Hos-



pital. She also has been a part-time instructor (Social Work, Sociology, Juvenile Justice, and Human Development) at Youngstown State University, Penn State University, and Westminster College. She has been described as "one of those rare people who can make you laugh and cry in the same moment."

### WORKSHOPS

### THURSDAY, APRIL 16

## How to Restore a Healthy Balance in Adult-Child Relationships

Gabor Maté

Thursday, April 16, 1:00-2:30 p.m.

Why are children stressed? Why are parents and teachers disempowered? Because of "peer orientation," the tendency of youth is to look to their peers for identity, a sense of right and wrong, and codes of conduct. Peer orientation undermines family cohesion, sabotages healthy development, and fosters aggressive and prematurely sexualized youth. Children need to be protected from becoming lost in the emotionally barren world of peer orientation. The principles and practical advice articulated in this workshop will empower participants to regain their natural authority, without coercion, punishment, and artificial consequences.

See Gabor Maté's bio and photo on page 2.

### Leadership Is Not a Marathon Race

Clifton Taulbert

Thursday, April 16, 1:00-2:30 p.m.

Slow down...to lead. In this workshop, Clifton Taulbert will speak specifically about how to build and sustain community within a school, and the roles of accountability and commitment in ensuring student success.

See Clifton Taulbert's bio and photo on page 2.

### Viewing Justice Through a Restorative Lens

Maureen Sullivan

Thursday, April 16, 1:00-2:30 p.m.

Learn about the potential for transformation when volunteers use restorative practices to facilitate courageous conversations that require offenders to be accountable and allow victims to ask questions. This means the affected parties work together to repair the harm done to the victim and to reintegrate the offender back into the community.

Maureen Sullivan, B.A., LL.B., is director of educational services at National Education Consulting, Inc., based in Victoria, British Columbia. As a lawyer, mediator, and trainer, Maureen has been involved with restorative practices for over twenty-five years. She is a strong advocate for finding compassionate and effective solutions to crime and conflict.

### The Art of Adventure Learning

Kim Holl

Thursday, April 16, 1:00-2:30 p.m.

Adventure learning engages participants at a very personal level, encouraging their inner wisdom to emerge, stimulating their imagination, and allowing



for "the fun factor." Simple games like fort building and hop-scotch, for example, can teach communication, goal setting, team management, and leadership skills. Learn the difference between teaching and facilitating; the importance of understanding each group's issues; how to get group buy-in, letting it be *their* process; and some simple activities and tips for effective facilitation.

Kim Holl is a program designer and lead trainer for International Training Associates. She has dedicated the last fifteen years to designing and delivering programs in human rights education, peace building, youth advocacy, and community engagement. She is co-author of *Growing Strong: A Training Manual Promoting the Rights of Indigenous Children*, and assisted in the production of the documentary film *The Courage of Women: Walking Beyond Domestic Violence*.

### **Youth-Driven Prevention**

Idaho Drug Free Youth

Thursday, April 16, 1:00-2:30 p.m.

The unique contributions young people have made to Idaho Drug Free Youth, a community-based prevention program, have transformed the way youth prevention is delivered. Recognizing youth for making the *right* choices is the foundation on which this program was built. Created by teens in Tyler, Texas, and adopted by Idaho teens in the early 1990s, this program touches those who have never used as well as high-risk youth. Positive peer pressure is gaining momentum. Participants will learn how to implement all facets of this *rewarding* program.

Kristi Rietze, IDFY Executive Director; Certified Prevention Specialist. Amy Bartoo, IDFY Director of Community and Public Relations; Certified Prevention Specialist. Kelsey Wood, IDFY Chapter Coordinator; i2i Project Coordinator. Penny Jones, Rimrock Junior/Senior High's IDFY advisor; Certified Prevention Specialist; librarian.

### Hands-On Health for K-3 Students

Toni Waters and Ann Pardew-Peck

Thursday, April 16, 1:00-2:30 p.m.

Health lessons that use a hands-on approach can engage students and teach them healthy habits they can use for a lifetime. Relevant information and student materials that can be used in a classroom setting will be included in this workshop. Participants will be encouraged to learn the activities, so the transition to the classroom environment will be easy.

**Toni Waters**, a physical education and health teacher at Middleton Heights Elementary School, in Middleton, Idaho, is secretary-treasurer of the Idaho Association of Health, Physical Education, Recreation, and Dance, and a member of Idaho Comprehensive Health Education CADRE.

Ann Pardew-Peck, MHE, is a physical education and health teacher at Joint School District No. 2, Meridian, Idaho. With thirty years of experience in the field of health education, she has received numerous awards.

### Biopsychosocial View of Childhood Developmental Disorders

Gabor Maté

Thursday, April 16, 3:00-4:30 p.m.

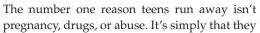
The diagnosis of attention deficit disorder, or AD(H)D (with or without hyperactivity), is burgeoning. Nearly 3 million children in the U.S. are taking stimulant mediation for this condition. Going beyond the accepted medical model of ADHD as an heritable illness, Gabor Maté will show how the development of the human brain is significantly influenced by the environment. Parental and social stress as it affects the developing brain of the infant is responsible for the increasing number of cases now being diagnosed. As shown in his book, *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*, he will focus on how short-term symptom management can undermine the long-term goal of neurobiological and psychological development.

### From Anger to Dialogue

Phoebe Kitanidis

Thursday, April 16, 3:00-4:30 p.m.

See Gabor Maté's bio and photo on page 2.





do not get along with their parents! In this workshop, the three conditions necessary for creating healthy dialogue will be defined. Participants will learn how to foster a spirit of equality, even in relationships of unequal status; how to listen empathically; and how to give ground, build good will, and reduce tension by revealing our own hidden assumptions.

**Phoebe Kitanidis**, M.A., is a writer and a presenter on interpersonal communication issues. She is a contributor to *Discovery Girls* magazine and the author of *Friendship Hardship*, an advice book for kids.

### **Using Restorative Practices in Your Community**

Maureen Sullivan

Thursday, April 16, 3:00-4:30 p.m.

Restorative justice and other restorative practices are successfully being used to reduce and resolve conflict in communities and schools on the Saanich Peninsula of Vancouver Island. From spontaneous restorative conversations between staff and student to formal conference circles, many tools and practices are appropriate for resolving most conflicts. The focus is always on "restoring" the parties involved and building on the strengths of the offender, which empower him or her to make better choices in the future.

See Maureen Sullivan's bio and photo on page 3.

### **Speaking Circles**

Kim Holl

Thursday, April 16, 3:00-4:30 p.m.

A "speaking circle" is an age-old practice that engages young and old alike, from all spheres of life, to enter into deep, meaningful conversations in an atmosphere of dignity. A speaking circle can

provide an invitation to give thought and voice to the questions that beg to be asked, especially on issues of social change. The goal is to stimulate thought on local and global inequities and on dilemmas that involve our youth, our elders, our places of work and play, and our communities. The result can be heightened awareness, a cultivation of interaction and activism, the generation of equitable solutions, and the fostering of a global lens. In this workshop participants will learn how to use speaking circles with family, colleagues, and the youth with whom we all engage.

See Kim Holl's bio and photo on page 3.

Every choice we make can be a celebration of the world we want.

— FRANCES MOORE LAPPÉ

### **Authentic Youth Engagement**

Idaho Drug Free Youth

Thursday, April 16, 3:00-4:30 p.m.

This workshop will explore methods to engage youth in prevention projects and how to make these projects more meaningful to those you are attempting to impact. Seven months of cutting-edge youth-centered research will be unveiled during this session. Participants will learn from the most unlikely of educators the skills and activities that young people crave in order to get involved and stay involved. This workshop will enhance your efforts in affecting the lives of the teens with whom you work.

**Kristi Rietze**, IDFY Executive Director; Certified Prevention Specialist. **Amy Bartoo**, IDFY Director of Community and Public Relations; Certified Prevention Specialist. **Kelsey Wood**, IDFY Chapter Coordinator; i2i Project Coordinator.

### Hands-On Health for K-3 Students

Toni Waters and Ann Pardew-Peck

Thursday, April 16, 3:00-4:30 p.m.

Repeat of workshop held Thursday, April 16, 1:00–2:30 p.m. See workshop description and bios on page 3.

### SDFS Coordinator Statewide Meeting

Thursday, April 16, 3:00-4:30 p.m.

Matt McCarter

This serves as one of three statewide annual meetings for Safe and Drug Free Schools (SDFS)



coordinators. The meeting content will include changes and updates related to the SDFS program, application and evaluation streamlining efforts, grant writing workshop schedule, and feedback/concerns from the field. Eric Jensen, research professor at the University of Idaho, will present a toolkit, created in conjunction with the SDE–SDFS office, that summarizes an extensive literature review of effective school-based substance abuse and violence prevention programs and curriculum. All SDFS coordinators present at the conference are expected to attend.

**Matt McCarter**, Coordinator, Safe and Drug Free Schools, State Department of Education, will be the meeting organizer.

# TRACKED WORKSHOPS: FRIDAY, APRIL 17

### TRACK 1: PSYCHOSOCIAL ISSUES

### The Stress-Disease Connection

Gabor Maté

Friday, April 17, 8:00-9:30 a.m.

Western medical practice tends to separate the mind from the body even though research has clearly shown that emotional stress can undermine immunity, disrupt the body's physiological milieu, and prepare the ground for disease. In almost all chronic conditions — including cancer, ALS, multiple sclerosis, inflammatory bowel disease, and Alzheimer's disease — hidden stress is a major factor. As in his book, When The Body Says No: Understanding the Stress-Disease Connection, the focus here will be on research findings, compelling anecdotes from his own extensive experience, and illuminating biographies of famous people such as Lance Armstrong, Gilda Radner, and Lou Gehrig.

See Gabor Maté's bio and photo on page 2.

### Using Restorative Practices in Your Community

Maureen Sullivan

Friday, April 17, 10:00-11:30 a.m.

Repeat of workshop held Thursday, April 16, 3:00–4:30 p.m. See workshop description and bio on page 4.

### As Foster Parents, United We Stand

Karen Vadino

Friday, April 17, 1:00-2:30 p.m.

Foster children bring enormous demands on the time and energy of their foster parents. In conjunction with their many other pre-existing pressures, foster parenting places great stress on the couple's relationship. It then becomes imperative that foster parents discover how to maintain the delicate balance of their relationship and parenting. This workshop will discuss the importance of nurturing the relationship while continuing to provide quality care for kids.

See Karen Vadino's bio and photo on page 2.

### 350 Degrees for One Hour

Karen Vadino

Friday, April 17, 3:00-4:30 p.m.

No one person, agency, school, or community possesses all the tools and resources necessary to provide complete programming to all. But when all work together, each contributing the services at which they excel, programs are more substantial, effective, solid, and sufficient. Sounds good! The problem is cohesion. There is no magic formula for blending the various agencies and personalities into an effective working group. This workshop will explore the ingredients for effective teams and the recipe for combining them successfully.

See Karen Vadino's bio and photo on page 2.

### TRACK 2: KEEPING OUR SCHOOLS SAFE

Hilda Clarice Graham, presenter of all four Track 2 workshops, is a program developer, training specialist, author, and consultant for the National School Safety Center. She has written numerous books, articles, and training designs about bullying, hate-bias crimes, cyber-



bullying, school safety, and team building. She serves as a consultant trainer on the topic of bullying prevention for the California Department of Education, and has received congressional recognition for her work on bullying prevention.

### **Preparing for School Crisis and Terror**

Hilda Graham

Friday, April 17, 8:00-9:30 a.m.

Acts of school violence, recent natural disasters, and 9/11 have promoted new levels of responsibility for school safety. A crisis is any event that disrupts the order, security, and mission of a school. Topics in this session will include school safety and security expectations, schools as soft targets of terror, and building school capacity for self-reliance. The anecdotes and insights of community emergency responders will be featured.

### Responding to Bullying and Cyberbullying

Hilda Graham

Friday, April 17, 10:00-11:30 a.m.

This session will examine the phenomenon of bullying with an emphasis on creating bully-resistant schools through the use of situational prevention strategies. The consequences and hidden costs of bullying will also be examined. Participants will learn to apply the traditional definition and elements of bullying to the practice of cyberbullying.

### Assessing Your School's Safety

Hilda Graham

Friday, April 17, 1:00-2:30 p.m.

This interactive session will study five key themes of school safety and security: people, places, policies/practices, programs, and plans. The focus will be on understanding the goals of conducting school safety assessments as well as the assessment planning questions that must be addressed.

### **Bullying Prevention and Intervention**

Hilda Graham

Friday, April 17, 3:00-4:30 p.m.

In this session, the goals of effective bullying prevention and response will be reviewed. Attendees will engage in an interactive discussion about what is working in their schools and what is not. A problem-solving spirit will preside as challenges, possible strategies, and resources are highlighted. Those who are considering taking on bullying at their schools will gain important insights into the work ahead.

Workshop descriptions are continued on page 8.

## **CONFERENCE AGENDA**

### WEDNESDAY, APRIL 15, 2009

6:00-8:30 p.m. Evening Registration (Continental Room),

Sun Valley Inn

6:00-8:00 p.m. 21st CCLC Directors Meeting (Sawtooth Room)

### THURSDAY, APRIL 16, 2009

7:00 a.m. Registration (Continental Room), Sun Valley Inn

Morning beverage and snack

8:15 a.m. Welcome with Bethany Gadzinski

and Matt McCarter

Opening with Suze Rutherford

9:00 a.m. Keynote Address: Clifton Taulbert

Timeout! The Game Isn't Over

10:00 a.m. Break

10:30 a.m. Kevnote Address: Gabor Maté

Close Encounters with Addiction

Lunch Provided 11:30 a.m.

Workshops 1:00 p.m.

Break 2:30 p.m.

3:00 p.m. Workshops

Statewide School Substance Abuse 3:00 p.m.

Coordinator Meeting

Benchmark-Funded Substance Abuse 4:30 p.m.

Prevention Providers Meeting

4:30 p.m. Dinner on your own

### FRIDAY, APRIL 17, 2009

7:00 a.m. Morning beverage and snack

8:00 a.m. Workshops

9:30 a.m. Break

10:00 a.m. Workshops

11:30 a.m. Lunch Provided

1:00 p.m. Workshops

2:30 p.m. **Break** 

3:00 p.m. Workshops

4:30 p.m. Dinner on your own

7:30 p.m. Drum Jam and Dance, hosted by Matt McCarter

with Ben & Rachel Pursley

### SATURDAY, APRIL 18, 2009 SPOTLIGHT ON IDAHO

7:00 a.m.	Morning beverage and snack
8:00 a.m.	Welcome and Youth Film Festival
	Kim Holl with Suze Rutherford

8:30 a.m. Update on Idaho Prevention Strategies 9:30 a.m. Prevention Awards Presentation

9:45 a.m. Keynote Address: Karen Vadino

Laughing Just for the Health of It

10:45 a.m. Closing Remarks, Evaluations, Drawing

11:30 a.m. Checkout and Have a Safe Journey Home!

## **WORKSHOPS AT A GLANCE**

			UNTRACKED WORKSHOPS: THURSDAY, APRIL 1		
1:00-2:30 p.m.	How to Restore a Healthy Balance in Relationships	Leadership Is Not a Marathon Race	Viewing Justice Through a Restorative Lens	The Art of Adventure Learning	Youth-Driven
3:00–4:30 p.m.	Biopsychosocial View of of Childhood Disorders	From Anger to Dialogue	Using Restorative Practices in Your Community	Speaking Circles	Authentic You Engagement

			TRACKED WORKSHOPS: FRIDAY, APRIL 17		
	TRACK 1 Psychosocial Issues	TRACK 2 Keeping Our Schools Safe	TRACK 3 Self-Injurious Behavior	TRACK 4 Coordinated School Health	TRACK 5 Alcohol, Toba & Other Drug
8:00-9:30 a.m.	The Stress-Disease Connection	Preparing for School Crisis and Terror	Self-Injury Defined	Promoting the Health of Young People	Parties and Pa A Street-Level
10:00-11:30 a.m.	Using Restorative Practices in Your Community (repeat)	Responding to Bullying and Cyberbullying	Etiology of Self-Injurious Behaviors	Healthy Youth, Bright Futures	What's in You
1:00-2:30 p.m.	As Foster Parents, United We Stand	Assessing Your School's Safety	Working Through Denial Treatment Goals	Promoting the Health of Young People (repeat)	Before Colors, and Ragging
3:00-4:30 p.m.	350 Degrees for One Hour	Bullying Prevention and Intervention	Treating the Self-Injurious Client	Healthy Youth, Bright Futures (repeat)	Emergency Op Planning for S

## **REGISTRATION INFORMATION**

**Accommodations**: Sun Valley has enough space to accommodate all conference participants. More information about Sun Valley housing, including room rates, can be found on page 10.

**Registration Fees & Payment Information**: See the Registration Form on the back cover for details.

**Registration Packet**: You will receive a packet upon registration at the conference.

**Academic Credit**: One unit of Boise State University Continuing Education credit is available. Please inquire at Conference Registration when you arrive.

Cancellation Policy: Requests for cancellation must be submitted in writing. A refund is available, minus a \$50 processing fee, for cancellations received prior to March 6, 2009. No refunds will be granted after March 9, 2009.

**Substitution Policy**: *Requests for a substitution must be sub-mitted in writing*. A request for substitution received prior to March 27, 2009, is allowed without penalty. A request for substitution received after March 27, 2009, will be charged a \$50 processing fee.

**Students**: This conference is designed for an adult audience. Students attending must pay the full conference rate; there is no student rate or discount.

**Bringing Children to the Conference**: In consideration of others, we request that if you choose to bring infants and/or children to the conference, do not bring them to keynote addresses and/or

Hands-On Health for K–3 Students	
Hands-On Health for K–3 Students (repeat)	SDFS Coordinator Statewide Meeting
	for K–3 Students  Hands-On Health

cco, s	TRACK 6 Afterschool Programs	TRACK 7 Coalition 101
rty Drugs: Approach	Brain-Smart Transitions	Successful Group Development
Guacamole?	Building a Great Staff	Strategies to Reducing Underage Drinking
Sagging,	Making the Most of Afterschool Activities	Advocacy 101 and Public Policy Change
erations afeSchools	A Road Map to Success and Sustainability	Coalition Sustainability

conference workshops. Please make your own child care arrangements for the times you are in session.

Parking and Transportation: Sun Valley is a complete walking village, where automobiles are unnecessary. If you do bring a car, parking is free. Complimentary bus service is available between the condominium units and the village. The Ketchum Area Rapid Transit (KART) also provides free transportation throughout the Wood River Valley, including continuous round trips from the Village to both Dollar and Bald mountains. Rental cars are available. Cars rented from Avis, Hertz, and Budget may be picked up and dropped off at Friedman Memorial Airport. Cars rented from U-Save, Thrifty, and Practical can be picked up and dropped off at Sun Valley.

**Questions?** Contact Maggi Janes at International Training Associates, (800) 624-1120, maggi-inta@comcast.net.

**Note**: The promoters and sponsors of this conference assume no responsibility for the comments expressed by the speakers or presenters, nor do they accept responsibility for the content or reprinting of any materials used or handed out during the meetings. Experiential learning situations are for training purposes only. They are not intended to be therapeutic or a part of any ongoing therapy process.

In the event of illness or other emergency, International Training Associates reserves the right to make last-minute substitutions of workshop presenters and/or topics listed.

## SECOND ANNUAL YOUTH FILM FESTIVAL

On Saturday morning, April 18, International Training Associates (INTA) will host the Second Annual Youth Film Festival. This year's focus, *Through the Creative Lens of Youth*, will reflect the stories of young people — their struggles and joys, and their innovative ways of overcoming challenges. Using appreciative inquiry, their films will also show where young people find hope for a promising future.

We invite adults to listen deeply, to celebrate the work of youth and to join with others dedicated to enabling young people to create a viable and hopeful future.

To download a Youth Film Festival flyer and entry form, please visit INTA's website: www.TrainingWeal.org.



The Idaho State Prevention Conference is designed to provide a dynamic, thought-provoking conference for a diverse audience involved in prevention issues for youth — a place where people come together to be re-inspired, to challenge old paradigms, to rejuvenate, and to explore new and creative tools they can use in the field.

### TRACK 3: SELF-INJURIOUS BEHAVIOR

Wendy Lader, Ph.D, M.Ed., presenter of all four Track 3 workshops, is cofounder and clinical director of SAFE (Self Abuse Finally Ends) Alternatives®, a network, referral, and self-injury treatment program. An internationally recognized expert on the treatment of self-injury, she



is co-author of *Bodily Harm: The Breakthrough Healing Program for Self-Injurers,* and has filmed a training video for the American Psychological Association.

### Self-Injury Defined

Wendy Lader

Friday, April 17, 8:00-9:30 a.m.

This workshop is designed to help participants better understand how self-injury is defined, the myriad of meanings it can hold, the purposes it can serve, and whether it is related to suicide. Participants will view the documentary *Can You See My Pain?*, in which self-injurers of different ages talk about the effects that self-injury has had on their lives.

### **Etiology of Self-Injurious Behaviors**

Wendy Lader

Friday, April 17, 10:00-11:30 a.m.

The question many people in the helping professions are asking is why are these self-injurious behaviors on the increase now? Why are people, especially teens, turning to self-injury and other body-focused behaviors (including eating disorders, tattooing, and piercing) at this point in time? This session will explore possible cultural influences as well as potential familial and biological underpinnings.

## Working Through Denial and Understanding Treatment Goals

Wendy Lader

Friday, April 17, 1:00-2:30 p.m.

Since it is difficult to work with clients/students who believe that self-injury is harmless and helpful, this workshop will focus on the irrational thoughts that can often underlie this behavior. While stopping the behavior is important, the goal of treatment must be focused on what the patient is trying to accomplish through self-injury.

### Treating the Self-Injurious Client

Wendy Lader

Friday, April 17, 3:00-4:30 p.m.

The purpose of this workshop is to give counselors, social workers, and psychologists the tools they need to intervene with the student/client. Participants will be taught how to utilize impulse control logs, alternatives, writing assignments, and feelings lists. Guidelines for the do's and don'ts of working with self-injurers will be included, plus suggestions on how to prevent the intense emotional reactions that even seasoned professionals sometimes experience while working with this population.

### TRACK 4: COORDINATED SCHOOL HEALTH

### **Promoting the Health of Young People**

Howell Wechsler

Friday, April 17, 8:00-9:30 a.m.

A national perspective will be presented that will allow participants to identify the three



major trends in child and adolescent health that need to be addressed by school health policies and programs. Included will be the Centers for Disease Control's top priorities for improving school health policies and programs over the next five years. Two strategies that state and local school health programs can implement to reduce health and academic disparities will be examined.

**Howell Wechsler** is the director of the Division of Adolescent and School Health (DASH), Centers for Disease Control and Prevention.

### Healthy Youth, Bright Futures

Panel Discussion

Friday, April 17, 10:00-11:30 a.m.

Idaho's coordinated school health approach, along with the components within the model, will be presented. Included will be the three major trends in Idaho that need to be addressed by school health policies and programs, the three key strategies that can be used to improve the health of youth, and tips on how to incorporate coordinated school health at the local level.

Shannon Page, former Director, Coordinated School Health, Idaho Department of Education. Pat Stewart, Director, Coordinated School Health, Idaho Department of Education; former HIV Prevention Education Coordinator, Idaho Department of Education. Rhonda DeMers, Coordinated School Health Physical Activity, Nutrition, and Tobacco Prevention Coordinator (PANT), Idaho Department of Education. Tera Pinon-Chase, Coordinated School Health Program Specialist, Idaho Department of Health and Welfare, Division of Community and Environmental Health. Carolyn Nelson, Coordinated School Health/HIV Administrative Assistant, Idaho Department of Education.

If you find it in your heart to care for somebody else, you will have succeeded.

- MAYA ANGELOU

### Promoting the Health of Young People

Howell Wechsler

Friday, April 17, 1:00-2:30 p.m.

Repeat of workshop held Friday, April 17, 8:00–9:30 a.m. See workshop description, bio, and photo above.

### **Healthy Youth, Bright Futures**

Panel Discussion

Friday, April 17, 3:00-4:30 p.m.

Repeat of panel discussion held Friday, April 17, 10:00–11:30 a.m. See workshop description and bios above.

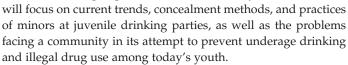
### TRACK 5: ALCOHOL, TOBACCO, & OTHER DRUGS

### Parties and Party Drugs: A Street-Level Approach

Jermaine Galloway

Friday, April 17, 8:00-9:30 a.m.

From the street perspective, Officer Galloway



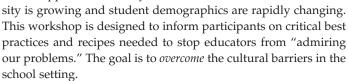
Jermaine Galloway, an officer with the Boise Police Department in Boise, Idaho, runs continuous party patrols and alcohol programs in Boise and around Boise State University. As executive director of the Northwest Alcohol Conference, Galloway provides training on community-based prevention initiatives, including party patrols and the collection of fake IDs.

### What's in Your Guacamole?

Roger Quarles

Friday, April 17, 10:00-11:30 a.m.

Creating a public school culture with a "success for all" approach is no easy task. Cultural diver-



**Roger Quarles** is the superintendent of schools for the Caldwell School District #132 in Caldwell, Idaho.

### Before Colors, Sagging, and Ragging

Lewis L. Andrews Jr.

Friday, April 17, 1:00-2:30 p.m.

How do we deal with the willingness of some youth to disrupt the community? An ongoing

prevention program should be empowering and support the community norms of mutual respect, nonviolence, and inclusion. In this workshop, participants will learn the five stages of violence; the parallels of addiction and violence; appropriate intervention strategies; and a framework to help them initiate an empowering prevention program.

**Lewis L. Andrews Jr.** is a Community Resource Development Specialist in Region VI, Idaho Department of Health and Welfare, Boise, Idaho.

## **Emergency Operations Planning** for Safe and Secure Schools

Rob Fowler

Friday, April 17, 3:00-4:30 p.m.

This workshop will focus on emergency planning as it pertains to schools and the Idaho Department of Education's efforts to assist schools in developing and implementing effective emergency operations plans. The new "Idaho Emer-



**Rob Fowler** is an Ada County Sheriff's detective and a School Resource Officer at Eagle High School in Boise, Idaho.

### TRACK 6: AFTERSCHOOL PROGRAMS

### **Brain-Smart Transitions**

Jonelle Adams and Victoria Tennant

Friday, April 17, 8:00-9:30 a.m.

Calming and focusing activities are the basis of Brain Gym, a research-based program of powerfully effective movements that integrate the body's and the brain's physiology to reduce stress, enhance learning, and improve performance. Workshop participants learn why these activities are important and leave with strategies to refocus student attention.

Victoria Tennant (right), M.Ed., is an educational consultant and a certified Brain Gym instructor based in Olympia, Washington. Jonelle Adams



(left), Ed.D., is executive director of the Washington Alliance for Better

Schools, a twelve-district nonprofit consortium focused on improving academic achievement in Washington state.



Jonelle Adams and Victoria Tennant

Friday, April 17, 10:00–11:30 a.m.

This workshop will focus on developing and delivering professional development for the staff of an afterschool program. Participants will learn the seven components of high-quality staff training, successful ways to integrate staff development into small chunks of time, and where to find free resources.

See above for bio and photos of Victoria Tennant and Jonelle Adams.

### Making the Most of Afterschool Enrichment Activities

Linda Petlichkoff

ment strategies.

Friday, April 17, 1:00-2:30 p.m.

Small changes in emphasis and structure can drastically transform an average afterschool program into an outstanding model. The content of this session will include research and practical application related to play and skill building; structuring youth sports to build confidence, promoting team work, and peacefully resolving conflict; and no-sport related enrich-

**Linda M. Petlichkoff**, Ph.D., professor, Department of Kinesiology, Boise State University, has published numerous articles on issues related to participation in and withdrawal from sport, competitive anxiety, goal-setting techniques, and coaching chil-

dren. Her current interests focus on youth development through sport and self-regulation.

Workshop descriptions are continued on page 11.



### **CONFERENCE HOUSING**

Sun Valley has the space to accommodate all conference participants. Confirmed reservations require an advance deposit equal to one night's room rate plus tax (11 percent).

Send deposit (check or money order), along with the completed Sun Valley Housing Form (below) to:

> Sun Valley Reservations Office P.O. Box 10 Sun Valley, ID 83353

Or telephone the Reservations Office at (800) 786-8259 to give a credit card deposit. A confirmation for room reservations will be forwarded upon receipt of deposit.

Make reservations early for the best selection! There are a limited number of double occupancy rooms available. If the accommodations you request are not available, you will be notified so you can make an alternate selection.

The block of rooms reserved for this conference will be held open only until March 1, 2009. After that date, reservations will be accepted on a space available basis; therefore, reservations before March 1, 2009, are advised.

Cancellations: Those who cancel their reservations at least thirty (30) days prior to their scheduled arrival will receive a deposit refund minus a \$25 processing fee. Those who cancel less than 30 days before arrival will forfeit their entire deposit.

Check-in: Rooms are available for check-in at 4 p.m.

Check-out: Check-out time has been extended to 12 noon.

### **SUN VALLEY ROOM RATES**

Prices quoted are per room per night. Add 11 percent tax.

### Sun Valley Lodge, Sun Valley Inn

Single or double occupancy (one bed) . . . . . . \$85 Double occupancy (two beds) . . . . . . . . . \$95

### **Deluxe Lodge Apartments**

Lodge Apartment Hotel Room .......\$85

Lodge Apartment Suite (up to 2 people) .....\$179

Two-bedroom (up to 4 people) .......\$245

Three bedroom (up to 6 people) ......\$335

## Sun Valley Condominiums (Atelier, Snowcreek, Cottonwood Meadows, Villagers I & II)

### **NOTE**

These conference rates apply for three days prior and three days following the conference dates, making rooms available for those who may want to add some vacation days around the conference.

Additional Information: (800) 786-8259, www.sunvalley.com.

### \_\_\_\_\_\_ SUN VALLEY HOUSING FORM IDAHO STATE PREVENTION CONFERENCE APRIL 16-18, 2009 Fill in the blanks. **Please print.** First Name Last Name Work # ( \_\_\_\_\_ ) \_\_\_\_ Agency \_\_\_\_ Home # ( \_\_\_\_\_) \_\_\_\_ Street Address City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_ FAX # ( \_\_\_\_\_ ) \_\_\_\_ Email Address \_\_\_ \_\_\_\_\_ Fee Per Night \_\_\_\_ Choice of Room Type \_\_\_\_ ☐ Single room preferred **or** ☐ I will share this room with Arrival date \_\_\_\_\_ Departure date \_\_\_\_\_ Total number of nights \_\_\_\_\_ Total fee due \$ \_\_\_ Method of Payment ☐ Purchase Order enclosed (names of persons covered must be indicated on the Purchase Order) ☐ Check or Money Order enclosed ☐ Credit Card (circle one): American Express Discover Diners Club MasterCard Visa Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_ Signature \_\_\_\_ Mail this form — along with your purchase order, money order, check, or credit card information — to:

Sun Valley Reservations, P.O. Box 10, Sun Valley, ID 83353

Workshop descriptions, continued from page 9.

### A Road Map to Success and Sustainability

Panel Discussion

Friday, April 17, 3:00-4:30 p.m.

This session will focus on the success stories of promising afterschool programs and networking with colleagues in the field. Local "homegrown" best practices and effective strategies for overcoming challenges will be uncovered through lively discussion. From dealing with parents to making academic enrichment fun for kids, the content of this session will be driven by those who attend.

Matt McCarter, Coordinator, Safe and Drug Free Schools, 21st Century Community Learning Centers, Idaho Department of Education. Camille McCashland, Program Specialist, Safe and Drug Free Schools, 21st Century Community Learning Centers, Idaho Department of Education. John Grimes, Director, Prevention Services Benchmark Research & Safety, Inc., Moscow, Idaho. Shelli Rambo Roberson, M.Ed., CEO, Girl Scouts of Silver Sage Council, Boise, Idaho.

### TRACK 7: COALITION 101

### Successful Group Development

Mark Emerson

Friday, April 17, 8:00-9:30 a.m.

Group dynamics affect the function of your coalitions. Participants will become aware of how they function in groups and learn skills to improve their performance. In essence, this is a group-building workshop. Group problem solving and group decision making will be highlighted.

**Mark Emerson**, Ph.D., teaches leadership, management, and ethics at Northwest Nazarene University in Nampa, Idaho. He is also a Certified Alcohol and Drug Counselor.

## Strategies to Reduce Underage Drinking

John F. Bunker

Friday, April 17, 10:00-11:30 a.m.



This session will provide an overview of how to engage local communities to implement both community and state environmental strategies to reduce underage alcohol problems. Participants will learn how community groups do have the power to change local policies and community conditions. Recommendations for Success: New Hampshire's Strategy to Reduce Underage Alcohol Problems will be highlighted.

John F. Bunker, M.S., Ph.D., is president of New Futures, a New Hampshire-based organization that focuses on reducing underage alcohol problems and increasing access to treatment. He has over thirty years of experience in the addiction field. His experience includes work in community-based prevention and treatment agencies, academic institutions, and managed care organizations, and he has provided healthcare consultation to the World Health Organization.

### ABOUT INTERNATIONAL TRAINING ASSOCIATES

International Training Associates (INTA) serves as organizational and community catalysts, transforming apathy into action and inspiring advocates for positive change. As a 501(c)(3) nonprofit organization, INTA offers experiential training, speaker panels, hosted community conversations, and conferences. The goal is always to inspire community wellness, social justice, peace building, and productive collaborations. A full range of training, facilitation, consulting, and program development services is offered to schools, public agencies, and community-based organizations. For more information, go to www.TrainingWeal.org.

### Advocacy 101 and Public Policy Change

John F. Bunker

Friday, April 17, 1:00-2:30 p.m.

New Futures' Community Leadership Initiative has recruited and trained more than five hundred citizen advocates to impact public policy in New Hampshire. Their policy director and government relations consultant monitor emerging policy issues and identify opportunities for citizen action. In this workshop, participants will learn about New Futures' successes, included keg registration, maintaining the minimum legal drinking age of 21, and defeating legislation to increase the alcohol content of flavored malt beverages. The network of advocates, once aware of their role in influencing policy, frequently takes on environmental strategies in addition to those directed by New Futures.

See John F. Bunker's bio and photo to the left.

When spider webs unite, they can tie up a lion.

— ETHIOPIAN PROVERB

### **Coalition Sustainability**

Linda Lang and Christy McGill

Friday, April 17, 3:00-4:30 p.m.

In this workshop, representatives from the Nevada Statewide Coalition will share tips to help participants finetune their coalition to operate strategically and effectively. Ideas will include partnering with business, creative fundraising, and creating a business that dovetails with your mission.

**Linda Lang** has been in the prevention and coalition business for over twenty years, and has assisted four different communities to successfully build sustainable community coalitions. She has also helped create a statewide coalition group that has been successful in doubling financial prevention resources in the state of Nevada.

Christy McGill has helped build three successful community coalitions and seven supporting task forces in three large rural areas of Nevada. She has also successfully created two Limited Liability Corporations and two nonprofit businesses to support the region's Community Prevention Plan.

### 2009 IDAHO STATE PREVENTION CONFERENCE REGISTRATION FORM Fill in the blanks. Please print. First Name \_\_ Last Name Your Mailing Address \_\_\_\_\_ \_\_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # ( \_\_\_\_\_ ) \_\_\_\_\_ **REGISTRATION FEE AND METHOD OF PAYMENT** Payment must accompany registration. PLEASE NOTE: Credit card payments will not be accepted for this conference. Fee ☐ Early Bird Registration, \$200 per person, postmarked by February 27, 2009 ☐ Late Registration, \$260 per person, effective March 2, 2009 Method of ☐ Check or Money Order enclosed. Make check payable to INTA (International Training Associates). **Payment** ☐ Purchase Order # \_\_\_\_\_ Direct invoice to \_\_\_\_\_ Agency \_\_\_\_ \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_ Mailing Address \_\_\_\_\_ **WORKSHOP SESSIONS** Indicate your first ("1") and second ("2") choice for each time slot. Thursday, April 16, 1:00-2:30 p.m. Friday, April 17, 10:00-11:30 a.m. \_\_\_ How to Restore a Healthy Balance... Relationships \_\_\_\_\_ Using Restorative Practices in Your Community (repeat) \_\_\_ Leadership Is Not a Marathon Race \_\_\_\_\_ Responding to Bullying and Cyberbullying \_ Viewing Justice Through a Restorative Lens \_ Etiology of Self-Injurious Behaviors The Art of Adventure Learning \_\_ Healthy Youth, Bright Futures Youth-Driven Prevention \_ What's in Your Guacamole? Hands-On Health for K-3 Students Building a Great Staff Strategies to Reducing Underage Drinking Thursday, April 16, 3:00-4:30 p.m. Biopsychosocial View of... Developmental Disorders Friday, April 17, 1:00-2:30 p.m. \_ From Anger to Dialogue \_\_\_\_ As Foster Parents, United We Stand \_\_ Using Restorative Practices in Your Community \_\_\_ Assessing Your School's Safety \_\_\_\_ Speaking Circles \_\_\_ Working Through Denial...Treatment Goals \_\_\_\_ Authentic Youth Engagement \_\_ Promoting the Health of Young People (repeat) \_\_ Hands-On Health for K-3 Students (repeat) \_\_\_\_ Before Colors, Sagging, and Ragging SDFS Coordinator Statewide Meeting Making the Most of Afterschool... Activities \_\_\_\_ Advocacy 101 and Public Policy Change Friday, April 17, 8:00-9:30 a.m. The Stress-Disease Connection Friday, April 17, 3:00-4:30 p.m. \_\_ Preparing for School Crisis and Terror \_\_\_\_ 350 Degrees for One Hour \_\_\_ Self-Injury Defined \_\_\_\_ Bullying Prevention and Intervention \_ Treating the Self-Injurious Client \_ Promoting the Health of Young People \_\_\_ Parties and Party Drugs: A Street-Level Approach \_\_\_ Healthy Youth, Bright Futures (repeat) **Brain-Smart Transitions** \_\_ Emergency Operations Planning for...Schools Successful Group Development A Road Map to Success and Sustainability Coalition Sustainability MAIL OR FAX THIS FORM TO: **International Training Associates** PLEASE REGISTER EARLY! P.O. Box 12127, Santa Rosa, CA 95406 FAX (707) 542-3457 Early registration helps assure PHONE (800) 624-1120 your first choice of workshops.